

## FOOTWEAR

Cross-reference to Related Application

5 This application is a continuation-in-part of U.S. Patent Application Ser. No. 09/921,957 filed August 3, 2001, *now Patent 6,671,981* which claims priority from U.S. Provisional Patent Application Ser. No. 60/223,437 filed August 4, 2000.

Background of the Invention

10 The present invention relates generally to footwear, and more particularly to footwear having recesses for accommodating protrusions of the foot and/or one or more pads for reducing swelling of the ankle.

15 As illustrated in Figs. 1-3, typical human feet, designated by the reference character O, have protrusions resulting from skeletal structures beneath the skin. For example, a head H1 of a first metatarsal M1 and a base B1 of a first proximal phalanx P1 cause a protrusion at a base of a first toe T1 (i.e., the great toe) which extends from the foot in a medial direction X1 (i.e., toward a centerline of the body) as shown in Fig. 2. A head H5 of a fifth metatarsal M5 and a base  
20 B5 of a fifth proximal phalanx P5 cause a protrusion at a base of a fifth toe T5 which extends from the foot in a lateral direction X2 (i.e., away from the centerline of the body). Further, the fifth proximal phalanx P5 of the fifth toe T5 extends farther laterally than a fifth middle phalanx MP5 and a  
25 fifth distal phalanx DP5 so the proximal phalanx forms a protrusion on the fifth toe immediately in front of the protrusion caused by the head H5 of the fifth metatarsal M5 as shown in Fig. 2. Several protrusions are caused by metatarsal and mid-tarsal bones MT which protrude upward from the top of the  
30 foot O as shown in Fig. 1. Further, in the ankle area the tibia T has a protrusion called the medial malleolus MM that is located